

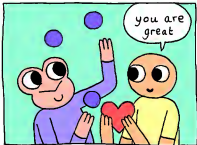
whereas Self-doubt
can wear us down.



and depending on validation
from others



then others will be
proud of us.



When we have self-worth

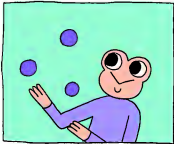


We feel complete

means we will always crave it

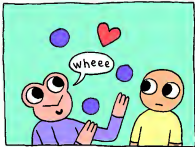


But if we keep doing things
that make us proud of ourselves



When we feel self-doubt
we often search for validation
so we can feel complete again.





HOW to LOVE

choilful asks:

I want to be in a relationship,
but I've never been asked out.
It makes me feel like no one
out there is interested in me.
What should I do?

and never feel truly complete.

